

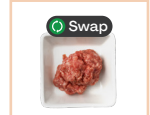


SuperQuick Indian-Inspired Curried Beef Bowls

with Golden Rice Pilaf and Creamy Cucumbers

Spicy

15 Minutes



Ground Turkey
250 g | 500 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Basmati Rice
¾ cup | 1 ½ cups



Carrot, julienned
56 g | 113 g



Green Peas
56 g | 113 g



Onion, sliced
113 g | 226 g



Yogurt Sauce
3 tbsp | 6 tbsp



Curry Paste
2 tbsp | 4 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Cumin-Turmeric Spice Blend
1 ½ tsp | 3 tsp



Beef Broth Concentrate
1 | 2



Mini Cucumber
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, salt, oil, sugar, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl

1



Cook rice pilaf

- Before starting, add 1 ½ cups (3 cups) water and ½ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Once water is boiling, add **rice, carrots, vegetable stock powder, half the Cumin-Turmeric Spice Blend** and **1 tbsp (2 tsp) butter**.
- Stir to mix, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



Finish and serve

- Fluff **rice** with fork, then divide between bowls.
- Top with **beef** and **cucumbers**.
- Drizzle **remaining yogurt sauce** over top of **beef**.

2



Prep

- Thinly slice **cucumbers**.
- Add **cucumbers** and **half the yogurt sauce** to a small bowl. Season with **salt** and **pepper**. Stir to coat.

3



Cook beef

Swap | **Ground Turkey**

- Heat a large non-stick pan over high heat.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **beef, onions** and **peas**.
- Season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Reduce heat to medium. Add **curry paste, broth concentrate, remaining Cumin-Turmeric Spice Blend, ¼ tsp (½ tsp) sugar** and ⅓ cup (⅔ cup) **water**.
- Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

3 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef****

** Cook to a minimum internal temperature of 74°C/165°F.